

**Epi Update for Friday, April 5, 2019**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

**Items for this week's Epi Update include:**

- **Measles outbreaks around U.S. highlight importance of vaccines**
- **National Public Health Week, April 1-7**
- **IDPH and partners pledge commitment to AMR Challenge**
- **In the news: What caused all these spots on this man's brain?**
- **In the news: These charts will help you visualize just how unhealthy diets are around the world**
- **In the news: Exercise officially makes you happier than money**
- **Infographic: Measles – More than just a little rash**
- **Meeting announcements and training opportunities**

**Measles outbreaks around U.S. highlight importance of vaccines**

Although there has not been a confirmed measles case in Iowa since 2011, recent outbreaks across the U.S. illustrate that some Americans are not taking advantage of opportunities to protect themselves, their families and their communities from preventable diseases through vaccination.

Vaccines are essential tools in preventing devastating disease outbreaks. The Iowa Immunization Program at IDPH remains committed to working with stakeholders across the state to ensure all Iowans are aware of, and have access to, life-saving vaccines. Vaccines prevent diseases and save lives.

For more information about the Iowa Immunization Program, including vaccine-specific information, childhood and adult immunization schedules, brochures/pamphlets and more, visit [idph.iowa.gov/immtb/immunization](http://idph.iowa.gov/immtb/immunization).

**National Public Health Week, April 1-7**

The theme for this year's National Public Health Week is "*Creating the Healthiest Nation: For science. For action. For health.*" IDPH uses scientific information to inform public health actions that protect and improve the health of Iowans.

A key component towards creating the healthiest nation is the prevention of infectious disease. IDPH works closely with SHL, local public health partners and health care providers statewide to perform continuous surveillance and control of many infectious diseases, including influenza, rabies, enteric illness, vectorborne diseases, vaccine-preventable diseases, hospital-acquired infections and more.

A common parable describes the work public health does every day: Two epidemiologists on a river bank see people in distress starting to float down the river. Both rush into the water and begin rescuing people. Suddenly, one stops, gets out of the river, and starts running away. The other asks, "Where are you going? We need to help these people!" She replies, "I'm going upstream to find out why they are falling in and stop it from happening!"

## **IDPH and partners pledge commitment to AMR Challenge**

The U.S. government's Antimicrobial Resistance (AMR) Challenge is a yearlong effort to accelerate the fight against antimicrobial resistance across the globe. The challenge is a way for organizations worldwide to make a formal commitment to further the progress against antimicrobial resistance.

In Iowa, IDPH, SHL and the National Institute of Antimicrobial Resistance Research and Education have pledged commitment to address the threat of AMR through the continued development of current work with a focus on collaborating with key partners to continue containment efforts and identify new targets for public health prevention and interventions.

For more information about the AMR challenge, visit  
[www.cdc.gov/drugresistance/intl-activities/amr-challenge.html](http://www.cdc.gov/drugresistance/intl-activities/amr-challenge.html).

## **In the news: What caused all these spots on this man's brain?**

[www.livescience.com/65090-tapeworm-cysts-brain.html](http://www.livescience.com/65090-tapeworm-cysts-brain.html)

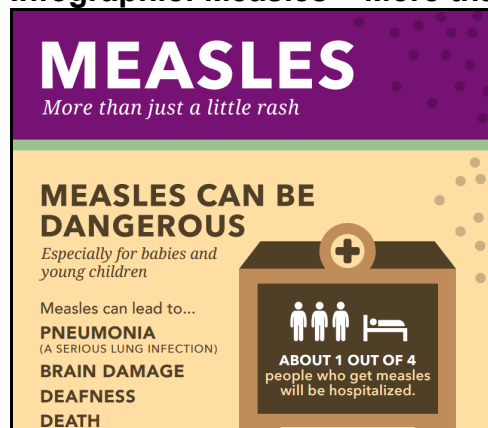
## **In the news: These charts will help you visualize just how unhealthy diets are around the world**

[www.popsoci.com/diet-kills-more-people-worldwide-than-any-other-risk-factor](http://www.popsoci.com/diet-kills-more-people-worldwide-than-any-other-risk-factor)

## **In the news: Exercise officially makes you happier than money**

[www.businessinsider.com/exercise-makes-you-happier-than-money-says-yale-and-oxford-study-2019-4](http://www.businessinsider.com/exercise-makes-you-happier-than-money-says-yale-and-oxford-study-2019-4)

## **Infographic: Measles – More than just a little rash**



To view in full size, visit  
[www.cdc.gov/vaccines/parents/diseases/child/vpd-infographics/measles.pdf](http://www.cdc.gov/vaccines/parents/diseases/child/vpd-infographics/measles.pdf).

## **Meeting announcements and training opportunities**

None

## **Have a healthy and happy week!**

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